

Have you been diagnosed with dementia?

Dementia is a term used to describe the progressive loss of the powers of the brain. The most common cause is Alzheimer's disease. Other kinds of dementia are vascular dementias, alcohol-related dementia, Lewy body dementia and Picks disease.

What all these diseases have in common is that they damage and kill brain cells, so that the brain cannot work as well as it should.

In Scotland 63,000 people have dementia. In Grampian 6,340 people have dementia.

It is most common in older people but can affect people in their 40s, 50s or even younger.

Dementia affects people from all walks of life

You don't need to feel alone

Are you interested in meeting others with this condition?

We are a group of people with a diagnosis of dementia.

We meet once a month in Aberdeen.

- To support and share your experiences of living with dementia.
- To campaign for better services.
- To attend conferences and events.
- To take part in consultation and social research.
- To encourage a more positive attitude towards people with dementia.
- To talk to professionals about our experiences of living with dementia and what we need to help us live our lives.

- To link in with other groups of people with dementia to have a national voice for Scotland.

We use our experiences and views to help make a difference.

"It has helped me to cope"

" I'm still the same person "

"Meeting other members of the group has shown me that I am not alone"

These are some of the comments from members.

So.....who will listen?

Change happens when those who do not usually speak are heard by those who do not usually listen
(John O'Brien)

Now is a good time to be speaking out – people really do want to listen!

NHS, Local Authorities, Alzheimer Scotland and others are looking at ways to involve people with dementia in policy development and planning of services.

Together we can try to:

- Influence people who plan and deliver services.
- Influence relevant policy.
- Influence and change attitudes towards people with dementia.

Contacting us

The Positive Dementia Group is supported by: -

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Alzheimer Scotland
Action on Dementia

Positive Dementia Group

Have a say about the things you feel affect your life.

Speaking out together to make a difference

Involving and consulting people with dementia



www.alzscot.org

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